



The Informer



Oct/Nov/Dec 2003

Issue 43

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This newsletter is published by the Vandenberg AFB Family Support Center, 30 MSS/DPF. If you have questions regarding this newsletter or its contents, please contact your Informer Editor: Crystal McIntyre at (805) 606-0039.

For Your Information

Retiree appreciation day

15 November 2003

0730 - 1430 at the Pacific Coast Club

Mark your calendars!



Continental breakfast!

The Pacific Coast Club will be hosting this year's Retiree Appreciation Day in the ballroom.

Information tables will be set up with over 30 on and off-base organizations to assist retirees. Guest speaker, Maj General Novaresi, is the President of the Peoples Advocate Organization of California.

A Continental breakfast will be served from 0730 to 0830. Don't miss out! If you are a retiree, retiree spouse, or retiree widow, be sure to attend this informative and entertaining event.



The Global Hearts Group offers you support, answers to questions, and tries to make your separation from your spouse as stress free as possible. Let us help you with your deployment related needs. Many services are available. Call 606-0039 to find out how we can help.

See page 4 for more details



FAMILY SUPPORT CENTER

723 Nebraska Ave, Bldg 10525

Phone: (805) 606-0039 Fax: (805) 606-3743



TRANSITION ASSISTANCE PROGRAM

Phone: 606-0039

POC: Larry Davis

larry.davis@vandenberg.af.mil



3 - Day Tap Seminar: 0800-1600.

This is a highly recommended seminar for those who are scheduled to be separated or retired from the military service 2 years and 1 year out respectfully. Speakers from VA, DVA, DoL, DoD, Relocation, and Education brief you on job searching, networking, resume writing, interview techniques, negotiating salaries, coping with transition, federal employment opportunities, relocation, education, vocational opportunities and other topics. Spouses are accommodated on a space available basis.

Scheduled dates:

21-23 October

4-6 November

9-11 December



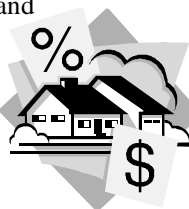
Computer Resource

Room: Contains computer support for completing the Federal Job Kit, resumes, applications, and the Scholarship Resource Network. Internet connection is available for transition, relocation, and family member employment needs. Local and nation wide opportunities are posted and a library of books about job searching, resumes, cover letters, and interviewing are available for check-out. Hours: 0800-1600.

Pre-Separation Briefing (DD

Form 2648): 21 Oct at 1600, 18 Nov & 16 Dec at 0800-0900 every 3rd Tuesday of the month. This **mandatory** briefing is for military members scheduled to retire or separate and must be completed at least 90-120 days prior to departure. Subjects covered include employment benefits, relocation, education/training, medical, financial, disability, and more. The DD Form 2648 acts as a checklist to identify Pre-Separation subjects of interest as a basis for development of an Individual Transition Plan (ITP). The completed form is required for final out-processing. Spouses are more than welcome and encouraged to attend. Registration is not necessary.

CAL-VET Home Loan: 17 Oct & 28 Nov, 1330-1530. One of the major Veterans' benefits is the Veteran's Home Loan guaranty. It is given to Active duty members, retirees, and Veterans for the purchase of homes, townhouses and condominiums. Learn the application procedures & understand the basic CAL-VET Home Loan process and be cognitive of potential pitfalls.



How to Start Your Own Business Seminars:

Have you always wanted to own your own business but really don't know how to get things going? This seminar is an on-going presentation offered once a month from 1330-1530. The instructors are from the Small Business Development Center, the Small Business Administration (SBA), and the Service Corps of Retired Executives (SCORE). Come learn what it takes to put your dreams into action. Call for scheduled dates.

Seminars to be covered:

Developing a Sound Business Plan - This will discuss the necessity of a sound business plan and how to go about developing one. Special licensing, legal forms, and business structure will also be topics.

Accessing Capital - Designed to help you understand how the bank/lender determines the criteria for awarding a loan. Also covered will be the various programs available to the small business owner, i.e. SBA loan program, local bank funding, and government grants.

Marketing Your Products/Services for Maximum Impact - This workshop will cover branding and logos, defining what you are (what the business is), press-releases and brochures, along with locations to advertise.

The Family Support Center (FSC) Transition Assistance Program is here to help you when you have made that decision to separate or retire from active duty. This is a program you should take advantage of as soon as you have made that vital decision. Don't wait until you are about to head out the front gate to come into the FSC for assistance. Let our friendly and knowledgeable staff help you with your resume', cover letter and job search efforts. We have numerous resources available to you. Please call or stop by and let us help.

RELOCATION ASSISTANCE PROGRAM

Phone: 606-0039

POC: Sue Voshell

sue.voshell@vandenberg.af.mil

Manage Your Move: 15 Oct & 19 Nov, 0845-1100. For **adults** on the move, includes briefings from Housing, TMO, Finance, Legal Office, TRICARE, and tips for packing-out days. An overseas cultural adaptation segment follows from 1100-1130. Have your questions ready and plan to attend within 90-120 days prior to departure. Spouses are encouraged to attend.



Newcomer Orientation: Spouses! Attend the Newcomers Orientation at the Pacific Coast Club at 0830-1155 to hear about Vandenberg and its programs. There's a Community Fair from 0925-0955 that is child friendly, where you will learn even more about the base and local community services and programs. Registration is not necessary.

Scheduled dates:

27 Oct, 24 Nov, & 15 Dec



Kids on the Move: 2 Oct & 5 Dec, 1500-1630. A video, "Let's Get a Move On," forms the core for discussion and activities for children 6-11 arriving or departing VAFB. Offers an opportunity for relocating youth to share ideas on how to make new friends, staying in touch with old friends and adjusting to a new home. Each child will receive an individual relocation package. Space is limited so call to sign up.

Child Care for PCS: Twenty hours per child is paid with Air Force Aid funds within 60 days of arrival or departure with PCS orders. This program is available to all ADAF military members. Licensed Family Day Care providers on base must provide the child care. Pick up a Certificate of Eligibility and list of providers at the Family Support Center's Relocation office. *Please bring a copy of your orders.*

Sponsorship Training: 28 Oct, 25 Nov, & 16 Dec, 1500-1600. Hear about the changes in the program and learn sponsor responsibilities, relocation resources, and tips to assist your newcomer. Also offered as a tutorial on the "Intranet."

<http://intranet/ancillary-training>.

★★★★★★★★★★★★★★★★★★★★
 ★ **Sponsorship Tip:** When you ★
 ★ conduct the needs assessment ★
 ★ with your newcomer, you may learn ★
 ★ there are materials requested and ★
 ★ you ask yourself where to find ★
 ★ them. The answer is simple! Visit ★
 ★ the Family Support Center anytime ★
 ★ during duty hours, 0730-1630, and ★
 ★ browse our Information & Referral ★
 ★ Resource Room. We have on-and- ★
 ★ off base information to include in ★
 ★ your sponsorship package based ★
 ★ on your newcomer's requests. The ★
 ★ FSC is here to support you in your ★
 ★ important role as a sponsor. ★
 ★★★★★★★★★★★★★★★★★★★★★★

VOLUNTEER RESOURCE PROGRAM

Phone: 606-0039

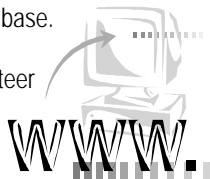
POC: Sally Galligan

sally.galligan@vandenberg.af.mil

Looking for a volunteer opportunity?

Visit <https://intranet/organization/index.htm>, click on *30th Mission Support Squadron* and then *Family Support Center*. Click on *Volunteer Resource Program* under *Programs* to learn about volunteer opportunities on and off-base. There is also a link for special short-term volunteer opportunities.

Check it out!



Lawn Care Volunteers Needed:

The Global Hearts Group desperately needs volunteers to provide lawn services for the on-base families of Vandenberg AFB deployed troops. Contact Capt Todd Moore of 534TRS at 606-1542 if you would like to assist.

Child Care for Volunteers: This program enhances and expands participation in the installation's volunteer program by insuring the availability and accessibility of childcare for volunteers' children. The Air Force Aid Society (AFAS) will provide funds to pay for child care expenses in Air Force licensed Family Day Care Homes for volunteers who are engaged in supporting base programs which benefit the Air Force community. This program is not meant to pay for childcare for volunteers in resale (Thrift Shop), fund raising, or social activities. It is also not intended that these funds be used to support the base dental clinic dental assistant training program or the American Red Cross.



Bring a little magic into your life by becoming a Big Brother or Big Sister!

The New Volunteer Orientations will be on 1 Oct, 5 Nov, & 3 Dec from 1500-1630 at the Family Support Center. Big Brothers Big Sisters matches kids with adult volunteers who share friendship, fun, and a positive role model. Come learn how to become a Big Brother or Big Sister, broaden a child's horizon, and bring some magic into both of your lives. Call Charlie Guzman at 735-4376, ext. 26, to learn more about becoming a Big Brother or Big Sister.

PERSONAL & FAMILY READINESS PROGRAM**Phone: 606-0039****POC: MSgt Todd LeFebvre**
todd.lefebvre@vandenberg.af.mil**Attention!**
Active Duty Personnel

As soon as you are notified that you are deploying, going on a remote or TDY for more than 30 days, contact the FSC Readiness Office to schedule an appointment.

The Home Front Project: Park University and V-Campus Corp. have joined together to create and now offer a free online learning campus to help families of U.S. military personnel prepare for the numerous ways in which mass deployment may impact their lives. The Coping with the Effects of Deployment Course modules include:

- ~ *Effects of deployment*
- ~ *Stress management*
- ~ *Talking to your children*
- ~ *Job interviewing*
- ~ *Continuing education*
- ~ *Family finances*
- ~ *Family health*
- ~ *Advice on routine maintenance such as basic automotive care*

Go to <http://www.vcampus.com/homefront/> to sign up.

Family Readiness Reunion

Briefings: The purpose of reunion briefings is to provide information to service members and families, which will ease family's transition and readjustment. It will address planning the homecoming, reuniting and relationship building with all members of the family. This briefing is for both service and family members who may have questions or concerns about reunion. Please call MSgt Lefebvre to sign up.

~ FYI ~

If you are a spouse or dependent of a deployed member, you are eligible to eat at the Breakers Dining Facility each Thursday night from 1800 to 1900. Call the Services Squadron at 606-5031 for more information.



Hearts Apart Program: This program provides free bi-weekly morale calls twice a week for 30 minutes total to immediate family of military members who are deployed, TDY, or remote. Call to sign up.



Videophone Program: This program provides videophone communication for the immediate family of military members who are deployed or remote of TDY. Call MSgt LeFebvre to schedule an appointment.

Personal & Family Readiness

Briefings: Be prepared for all facets of military life! Briefing provides preparation information and assistance to individuals or families who are going remote, TDY for more than 30 days, or on deployment. Briefings are held weekly at 1400 (call to schedule). One-on-one briefings are available if you would like your spouse to attend.

E-mail us at
Globalheartsgroup@vandenberg.af.mil

**Events:**

- 10 Oct, 14 Nov, & 12 Dec - **Movie Night:** 6—8 p.m. at the Chapel Annex. The night will feature a “kids” movie and a simple dinner. This is for kids so “mom and dad” have some quiet time.
- 18 Oct - **Sloppy Joe Dinner:** 5:30—8 p.m. at the Chapel Annex.
- 15 Nov - **Craft & Activities Lunch:** 11:30—3 p.m. at the Chapel Annex.

Visit our Website at www.vandenberg.af.mil/30sw/organizations/30sg/global-hearts/index.htm

“Connect to www.php-ids.com to obtain the e-Informer and links to all base helping agencies. More to come at this informative website!”

FAMILY & WORK LIFE SKILLS PROGRAM**Phone: 606-0039****POC: Linda Bastine****linda.bastine@vandenberg.af.mil****Deployed Spouses Support**

Group: 14 Oct & 9 Dec, 1130-1230 at the Family Services area. Come have lunch with other spouses. Topics will be understanding power of attorneys, chat with a first sergeant, stress management for yourself and kids, tips for successful reunions, etc. On-site child care will be provided. Reservations are required!



Step Parenting Service: There are many couples who are experiencing the unique challenges of step-families. Unfortunately, statistics show that those marriages are a higher risk for divorce. One-on-one assistance on parenting, marriage enrichment, and stress management is available.

**The Stress & Self Management**

Class: Beginning 4 Nov, it will run for 6 weeks, every Tuesday through 9 Dec from 1400-1600 at the Health & Wellness Center (HAWC). You will learn that the events in life that trigger distress, many times, are caused by thinking styles, and what some tools are to help minimize negative stress. You will learn skills on dealing with conflict, relaxation techniques, and positive lifestyle choices. Facilitators are Linda Bastine at 606-9958 or Eileen Fox at 606-8217.

Marriage Enrichment: Offered on a one-on-one basis for couples, married or planning to marry, who would like to enrich their relationship. Linda Bastine will provide education and coaching on communication, personality/temperament styles, and stress management at home will be provided. Call to for an appointment.

Single Parents Support Group:

Every 4th Tues of the month from 1130-1300 at the Services Center. Single parents will meet other single parents and discuss any stressors concerning their responsibilities at home or at work. Facilitators are Linda Bastine and Nancy Sias. No registration required.

Scheduled dates: 28 Oct & 25 Nov**INFORMATION & REFERRAL PROGRAM****Phone: 606-0039****POC: FSC Staff**

The I & R program is designed to give information on programs and services offered in the Vandenberg community; on and off base. Call the Family Support Center if; there is a service, program, location, or phone number you are looking for.

Receive information on topics such as:

- Adoption
- Base and Local Clubs/Associations
- Citizenship
- Disability
- Department of Motor Vehicles
- Education
- Elder care
- Family Home Daycare Providers
- Home schooling
- Local Area Information
- Maps/Phone books
- Santa Maria & Lompoc Preschools
- Scholarships
- Support Groups
- Transportation
- Women, Infants, Children (WIC) and more. . .



Heart Link

Call the Family Support Center for scheduled date and time.

This informational and interactive workshop is targeted for spouses of active duty members who have been in the military community 5 years or less. The workshop is for all spouses regardless of rank or gender, and is not limited to a first time marriage. Hear briefings from Protocol, Legal Services, Finance, Military Personnel Flight, Family Support Center, Services Squadron, Health & Wellness Center, Family Advocacy, and the Chapel. Lunch will be provided. Air Force Aid Society will provide funding for childcare expenses in Air Force Licensed Family Day Care homes for this event. Call 606-0039 to register for this informative workshop.

CAREER FOCUS PROGRAM

Phone: 606-0039

POC: Teresa Orozco
teresa.orozco@vandenbergh.af.mil



Is looking for a job like looking for a needle in a haystack?

Regardless of the situation; unemployed, looking for a better job, about to be laid off, making a career transition, new to the job market, etc., the Career Focus Program is an employment resource program available to you. It provides information, assistance, and job skills training to enhance the marketability and employability of military spouses, family members, retirees, DoD civilians, and retiring/separating active duty members. We also provide assistance with resumes and job applications, career counseling and planning, and a resource center with access to computers, printers, and information on careers, jobs, and the development of job search skills.

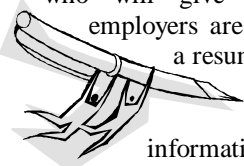
Winning Interviews & Setting a Professional Image:

16 Oct, 19 Nov & 17 Dec, 1300-1530. Receive information on preparing before the interview up to the follow up letter. Learn the fundamentals of interviewing, necessary preparations, types of interviews, and what to expect. Workshop is open to all active duty personnel, spouses, family members, retirees, and DoD civilians.



The Mechanics of Resume Writing:

29 Oct & 26 Nov, 0900-1130. Learn about the different types of resumes: chronological, functional, and electronic resumes. Hear about resume "do's and don'ts", resources, and tips on building a powerful resume that will get you an interview. Hear from a guest speaker who will give tips on what employers are seeking for on a resume. Participants are asked to bring pertinent information needed for building a resume (i.e.: job experience, education, training, skills, position descriptions, etc). Eligible participants are all active duty personnel, spouses, family members, retirees, and DoD civilians.



Five Classic Résumé Bloopers

www.monster.com

To help ensure that your résumé finds its way to the interview pile and not the circular file, avoid these 5 classic resume bloopers, pulled from real-life resumes of job seekers from all levels, industries and career fields:

1. **"Revolved customer problems and inquiries."** Just what every employer is looking for—an expert in passing the buck.
2. **"Consistently tanked as top sales producer for new accounts."** Sales managers aren't likely to be impressed with this self-proclaimed underachiever.
3. **"Dramatically increased exiting account base, achieving new company record."** If customer accounts were leaving in droves as this statement implies, it's probably fair to assume that this candidate also tanked as a top sales producer.
4. **"Planned new corporate facility at \$3 million over budget."** Every hiring manager is searching for employees who exceed budgets by millions of dollars.
5. **"Directed \$25 million anal shipping and receiving operations."** Either this person is showcasing compulsively stubborn management qualities, or he has a challenging product packaging/storage problem.

Computer and Clerical/Administrative Tutorial and Testing Services:

The Family Support Center has a computer-based self-tutorial program that instructs you on operating various computer programs and increasing your secretarial/clerical skills. Call to sign up for your computer time.



Computer Programs:

~ Windows 2000
 ~ Access 2000
 ~ Excel
 ~ Lotus
 ~ PowerPoint
 ~ Platform
 ~ Word 2000
 ~ WordPerfect
 ~ Publisher
 ~ WordPro

Secretarial/Clerical Skills:

~ Data Entry
 ~ Typing
 ~ Business Letters
 ~ Transcription
 ~ Shorthand/
 Speedwriting
 ~ Ten Key
 ~ Custom Test
 Designer

PERSONAL FINANCIAL MANAGEMENT PROGRAM**Phone: 606-0039****POC: Jimmy Camacho****jimmy.camacho@vandenberg.af.mil**

Thrift Savings Plan: 3 Oct, 1100-1200. This 401K type plan will allow military members the opportunity to accumulate long-term, tax deferred savings. Get the information you need on enrollment, investment vehicles, and much more. Check out the thrift savings plan at: www.tsp.gov.



Financial Basics: 21 Oct, 25 Nov, & 16 Dec, 1100-1200. Need financial advice? Learn the financial basics such as checkbook maintaining, credit spending, choosing a financial institution, credit pitfalls, decoding financial terminology and making your paydays count!

Financial Planning: 28 Oct, 1100-1200. Are you ready for retirement, college, estate planning, tax saving, or a second career? This workshop is designed to help you understand how to create a financial plan that meets your daily and future needs. Learn about budgeting, investing, and developing a good spending plan. Sign up today and get the information you need to help you make decisions that affect your future!

**CSB-REDUX/Career Status**

Bonus: 7 Nov, 1100-1200. Did you know that the new Career Status Bonus offers a one time \$30,000 payment in exchange for a lifetime of reduced retirement benefits. Would you like to trade retired pay for a lump sum today? Get the help you need now to make your decision and better understand your payment options.

FOOD PANTRY PROGRAM**Phone: 606-2960 or 606-0039****POC: Jody Blevins**

The Food Pantry is a volunteer program that assists military personnel and their family members experiencing financial hardship by collecting and distributing donated food and other products. Families are provided with a certain amount of food to help them get through a payday to payday existence. In addition, Mrs. Jody Blevins distributes USDA commodities to qualified families according to income.



Who is eligible to use the Vandenberg Food Pantry? Any Active Duty family who finds themselves in a financial emergency with no food in the house may apply for immediate help. All Active Duty personnel living at or attached to Vandenberg, who meet the EFAP guidelines for the USDA food giveaway program qualify.

EFAP Maximum Income

Household Size	Monthly Household Income	Annual Household Income
1	\$1,044	\$12,528
2	\$1,407	\$16,884
3	\$1,769	\$21,222
4	\$2,132	\$25,578
5	\$2,495	\$29,934
6	\$2,856	\$34,272
7	\$3,219	\$38,628
8	\$3,582	\$42,984
9	\$3,944	\$47,322
10	\$4,307	\$51,678
Over 10	Add \$363	Add \$4,356 ea.

AIR FORCE AID SOCIETY PROGRAM**Phone: 606-0039****POC: Lyn Smith****noralyn.smith@vandenberg.af.mil**

Bundles For Babies: 10 Oct & 12 Dec, 1300-1400. This Air Force Aid Society Program covers proactive informational topics such as financing for expectant parents, lifestyle changes, infant CPR, Nursing Moms Program, and Give Parents a Break Program. Learn parenting skills, meet other expectant parents and receive a free gift for your precious bundle. Class is open to all ranks and is not limited to a first pregnancy. Bundles For Babies is for active duty Air Force members and/or their spouses (Marines, Army, Navy, and Coast Guard Personnel may attend, but are not eligible to receive a bundle). Please be advised not to bring children to the program. Advanced registration is required.

Respite Care Program: Intended to assist those who cannot afford care and would otherwise never get a "break". This program is based on necessity as well as financial need and is always given as a grant. Families are referred to AFAS through the Exceptional Family Member Program (EFMP) or Family Advocacy. Please be advised that you must be seen by the Exceptional Family Member Program (EFMP) staff at Family Advocacy.



Car Care Because We Care: Available to eligible spouses of ADAF members deployed for more than 30 days or on a remote tour, and first term airmen. This program keeps the "primary" family vehicle of ADAF members in top running condition by preventive vehicle maintenance. Maintenance includes oil & filter change, lubrication, and vehicle safety checks on a grant basis. Come to the Family Support Center AFAS office for your Car Care Because We Care certificate.

**Give Parents A Break Program:**

Available to eligible parents for a few hours break from the stress of parenting. Families must be referred by the Squadron CC, First Sergeant, Chaplain, Family Support Center personnel, a medical professional, Child Development Center, or Family Advocacy. Please be advised that you can not register for this program over the telephone. Please come to the Family Support Center AFAS office. PARENTS—before registering your child for the program, please make sure that your child's shot record has been kept up to date.

*Come see what
Air Force Aid
can offer you!*

Nursing Mom's Program changes: Effective immediately, the \$100 grant feature in the Nursing Mom's Program is eliminated. The AFAS will continue to offer an interest-free loan up to \$200 for purchase or rental of a breast pump. Because the program will now be all-loan, the rank-restricted provision no longer applies and applicants will not be required to participate in the New Parents Support Program. The point of contact now for a loan to purchase or rent a pump will be the Air Force Aid Society Officer, not the Family Advocacy Nurse Specialist. The front of the AFAS application will need to be completed, however, a budget will not be required. The check should be written to the vendor or place of purchase. If you have any questions, please refer them to Ms. Lyn Smith at the number above.

JOINT RETIREE ACTIVITIES CENTER

Bldg 10364, Base Exchange area (across from Four Seasons)

Phone: (805) 606-5474



The Retiree Center offers a comfortable facility, which consists of a reception area, computer room and lounge area—complete with a big screen TV. A variety of reading materials are available. For those not familiar with computers or would like to increase their computer skills, training is offered to retirees, spouses and widows/widowers from two of our volunteers—Mr. “Chuck” Brown, who will train you by appointment, or Hal Davidson, who comes in on Tuesdays from 1030-1330.

National Society of Military Widows: 8 Oct at 1300 & 1400. This months’ business meeting will have chapter founder, Col (Ret) Whitney as guest speaker.

Retiree Appreciation Day: 15 Nov 03. Be sure to mark your calendars! Preparations are under way, with Maj. General Sid Novaresi, USAF (Ret) as guest speaker. Novaresi is the President of the Peoples Advocate organization of California. Also, representatives from on and off-base agencies will be on hand to assist retirees. Door prizes will be given out. Don’t miss this informative and entertaining event!

Christmas Holiday Potluck Luncheon 11 December at 1200

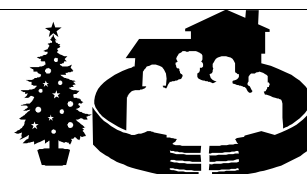
Local entertainment by
Barbershop Quartet
“Just Passin’ Through”
will follow at 1300.

Come on out and join in the
Christmas spirit!

FAMILY ADVOCACY CENTER

338 South Dakota Ave, Bldg 13850

Phone: (805) 606-8217 Fax: (805) 606-9421



Operation Baby Launch: 10 Nov, 1700 in the 30 Medical Group Auditorium (across from the Orderly Room on the First Floor). Meets every second Monday of the month. A health care information meeting for expectant parents or anyone anticipating starting a family. Get information on healthcare options and benefits. No registration required.

Dads to New Dads Program: As a new dad you may have questions/worries about your new role in life. You may also be feeling unsupported. This program is a mentorship program that provides you special support during this time in your life. Call Nancy Sias at 606-5338 to enroll.

Moms to New Moms Program: As a new mom you may have questions/worries about your new role in life. You may also be feeling unsupported. This program is a mentorship program that provides you special support during this time in your life. Call Nancy Sias at 606-5338 to enroll in this program.

Depression Management Class: Are you bothered by feeling down, depressed, or hopeless? Do you have less interest or pleasure in doing things? Talk with your Primary Care Manager (PCM) or a Life Skills provider to see if this 6-week class is right for you.

Anger Management Class: 7, 14, 21, & 28 Oct, 1400-1600 at the HAWC. Learn how to control your anger and enjoy life more. We will cover strategies to reduce and control anger, how your anger style was learned, early signs of anger, and self angering thoughts. Take this class and be more in charge of your life. POC: Eileen Fox, Family Advocacy Outreach Manager, at 606-5338 or eileen.fox@vandenberg.af.mil.

Women’s Group: Every Tues from 1400-1600. This group helps to enhance women’s lives through a process of learning assertiveness skills, building self-esteem and sharing life experiences with other women. Contact Julie Ramsey to make an appointment.

Single Parents Support Group: Meetings are every second and fourth Tuesday of the month. Are you finding yourself trying to balance work and family? Come to this informal gathering to address any concerns or questions you may have. The group meets at the Services Center from 1130-1300.

Little Ones Lost Grieving Group: Active duty members, dependants, and civilians have a safe and confidential forum for sharing and support regarding a families’ recent miscarriage or fetal demise. For further information contact Nancy Sias, Family Advocacy Home Nurse Specialist at 606-8217 or 606-5338.

Survivors of Sexual Abuse: This on-going educational support group for survivors will be held every Wednesday from 1330-1500. The discussions/educational activities will be held in a safe environment in a confidential setting and the group will be limited to no more than six to effectively allow survivors quality time together.

HEALTH AND WELLNESS CENTER

1539 Iceland Ave, Bldg 8505

Phone: (805) 606-2221



The Sensible Weigh: A 90 minute class instructed by a Dietician and Exercise Physiologist. Individuals will learn to identify principles for safe weight loss and weight control. Other topics include reading food labels, counting fat grams, and incorporating the USDA food pyramid into a Healthy Eating Lifestyle. Classes run for 4 weeks plus class electives. To sign up, please call the HAWC.

Wednesday Classes 1400-1530

Class	Date
1	17 Sep
2	24 Sep
3	01 Oct
4	08 Oct
3 mo follow-up 23 Dec	

Class	Date
1	15 Oct
2	22 Oct
3	29 Oct
4	05 Nov
3 mo. follow-up 20 Jan	

Class	Date
1	12 Nov
2	19 Nov
3	26 Nov
4	03 Dec
3 mo follow-up 7 Feb	

Thursday Classes 0800-0930

Class	Date
1	02 Oct
2	09 Oct
3	16 Oct
4	23 Oct
3 mo. follow-up 6 Jan	

Class	Date
1	30 Oct
2	06 Nov
3	13 Nov
4	20 Nov
3 mo follow-up 3 Feb	

Class	Date
1	27 Nov
2	04 Dec
3	11 Dec
4	18 Dec
3 mo. follow-up 2 Mar	



Risk Reduction Series: This is an on-going program, with weekly counseling & classes at the 30th MDG, 3rd floor Education Room. Walk-in nutrition/lifestyle counseling is available on Tuesdays from 0800-1100. Classes are held the first Thursdays of every month from 1400-1600. Weekly class topics rotate and will cover Diabetes Lifestyle & Meal Planning, Cholesterol-Heart Disease & Meal Planning, High Blood Pressure, the DASH Diet and Weight Loss/Exercise. Persons are encouraged to self refer into the classes by calling the HAWC or they may be referred by their provider. Call the HAWC to sign up or for more information.

Tobacco Cessation Program:

Tuesdays from 1200-1300. A 6-session class conducted at the HAWC. Topics covered are reasons why people smoke, effects of smoking, why people can't quit. Prescriptions for nicotine patch or Zyban are available. Individuals need to attend all 6 classes starting with class one.



NEW! Show Me The Weight Class: A sixteen week weight loss program designed to help YOU! This class takes place in the 30th Medical Group on the first floor at the Internal Medicine clinic. To sign up, call the HAWC.

Relaxation Room: 0830-1530 Mon-Fri.

Come sit in the massage chair, listen to soft music, and melt your stress away. Call the HAWC to reserve your 30 minute session.



Racquetball Court: Available 0830-1530 Mon-Fri. Reservations are required.

Microfit Assessment: Test your fitness! This assessment measure body composition, cardiovascular capacity, flexibility, muscular fitness and endurance. This service has moved to the Fitness Center (Base Gym). Call 606-3832 to schedule an appointment.



Pre-Post Natal Exercise:

Breastfeeding Education & Infant Care:

Separate quarterly classes that are offered to all active duty, dependents of active duty, retirees and their dependents, civilians and contractors. Call the HAWC for scheduled dates and times.

CHAPEL SERVICES

587 Summersill Road, Bldg 16200

Phone: (805) 606-5773 Fax: (805)4808



Catholic

Sunday Mass 1000 Chapel 1
Daily Mass (M-F) 1130 Chapel 2
Saturday Mass 1700 Chapel 2

Worship Schedules



Protestant

Praise and Worship 0830 Chapel 2
General Protestant 1130 Chapel 1
Gospel 1130 Chapel 2

* For other faith group information or concerns, please contact the chapel staff at 606-5773.

* If you have an emergency after duty hours, please call the Command Post at 606-9961.



Events



Catholic Bible Study: Thurs at 1900 a new session of Luke Gospel "The Message of the Messiah". This is an exciting study, all levels welcome. POC: Deborah Cotey, 734-4202.

Daily Prayer: Every morning from 0715-0725 at Chapel 1. All Vandenberg is invited to pray for our Nation, Troops & Families.



G.I. Java: Enjoy FREE lattes, frappicinos, sodas, & chips! 1700-2100 in the Delta Dorm. It is a Coffee House atmosphere where you can relax, watch a movie and enjoy a good cappuccino. If you are interested in

volunteering from Mon-Sat, contact SSgt Jennifer Wilkins at 606-5773.

BASIC (Brothers And Sisters In Christ): BASIC is designed especially for 6th through 12th graders! Join us on Sundays, 1730-1900 at the R.E. Class Rooms. POC: Jill Hembroff, 606-5773.

NEW Bible Study Group: 1900, Monday nights at the R.E. Admin Building. A local leading Apologetics Speaker will be leading this exciting study on the Book of John. POC: Deborah Cotey at 734-4202.

FAMILY SERVICES

723 Nebraska Ave, Bldg 10525

Phone: (805) 606-5484 or 606-4225

Hours: Mon & Fri, 1000-1400
(Closed holidays & military down days)
Volunteer Staffed



Loan Closet Program: A real life saver for those who are inbound, outbound, TDY, visiting, or being visited.

Borrow:

Dish packs	Baking pans	Utensils
Futons	Linens	Towels
Blankets	Coffee pots	Mixers
Toasters	Irons	Ironing boards
Strollers	Car seats	Card tables
Chairs	Lamps	High chairs
Fans	Pack-n-play	Booster seats
And more. . .		

Volunteers Needed! If you are looking for a rewarding way to help our military community, meet other people, and learn about the base and local area, then consider volunteering at Family Services. Just a few hours a week can make a real difference in the lives of our military families. Free childcare for up to 15 hours/month is available for our volunteers. Call 606-5484 or 606-0039 for more information.



Airmen's Attic Program: Donated housewares, furniture, baby items, small appliances, mattresses, and other necessary items to set up housekeeping are available to keep for military personnel E-5 and below. An SW Form 552 obtained from your Unit First Sergeant is required to access the attic. Call 606-5484 for further information. **Donations are always welcome.*

Kids Korner



Playtime for Tots: This playgroup is for parents and their children ages 2 to 5. They meet Wednesday mornings at 1000. This is a time for parents and their children to meet others for free playtime. *Please attend only with well children.* For more information, contact Sully at 734-2089 or Rhea at 734-0329.

BabyMeet: Are you a pregnant or the parent of a baby between the age of newborn to 2 years? Would you like to get together with other parents for discussion and socialization? BabyMeet is a playgroup that meets every Tuesday & Thursday, 0900 at the Religious Ed Center, Bldg 16140. *Please attend only with well babies.* POC: Lora at 734-1461.

CHRISTMAS

Drop-in Day Care: The Child Development Center is open to active duty military, DoD Civilians, and DoD contractors, as well as reservists placed on active duty for training. The CDC has drop-in care for \$3.50 an hour on a space available basis. For more information, call 606-1555.

Family Child Care Providers: The need for Child Care Providers has never been greater! Help make a difference and find out how you can become a licensed childcare provider. Call Gwendolyn Jones at 606-4639 or 606-3255.



~ Library ~

Pre-School Story time: Story time is every Thursday at 1000 at the Base Library. Entrance to Story time is at the staff entrance door. There are usually 1-3 stories read and a craft. So that we can have enough supplies, please call the library at 606-6414 to sign-up your preschooler (ages 2-5) for Story time. Walk-ins are more than welcome!

Story time Dates:
2, 9, 16, 23, & 30 Oct
6, 13, & 20 Nov
4, 11, & 18 Dec



Road Map Exchange: If you are taking a trip, stop by and check out the Road Map Exchange at the Base Library. Do you have any old road maps hanging around from vacations or trips that aren't being used? Bring them to the Base Library! Our map exchange is a take what you need OR leave what you don't want any more.

Interested in a book club? A new CGOC Professional Military Reading has started, check with the Library for details. We are seeking facilitators for new groups in Women's Interest, Kid's Reading Patch Clubs, Mystery, and Adventure. If you are interested in these groups *OR* starting a new one, please call the Base Library.

Dial-a-Story 606-4300



This telephone story telling service is available 24/7 for children of all ages to hear a story. Stories are usually changed on Fridays, although for holidays and special events, the story may be changed earlier. There is no fee for this service. For any questions or additional information, call the Base Library at 606-6414.

The WIC Office comes to you!



A satellite office of the Women, Infants, & Children (WIC) Program is at the Family Support Center every 4th Thursday of each month from 0800-1600 for Vandenberg personnel who meet program requirements. WIC is a nutrition education program which provides supplemental food for pregnant, breastfeeding, and postpartum women, infants and children up to age five. For more information contact the Family Support Center at 606-0039 or the Lompoc WIC office at 737-6470 for an appointment. **Upcoming WIC visits:**
23 Oct, 20 Nov, & 18 Dec

Teen Read Week

Teen Mystery Month: 29 Sep to 25 Oct for ages 12 to 18. This is still under wraps, watch for the mystery to unfold.

Teen Read Week: 19—25 Oct. There will be other activities during the month for teens. To end our month of teen fun we will have a "Mystery in the Library", on 25 Oct. Come help solve who does it in the Music Librarian! Check with the library for further details, as they become known.

Need a place to hold a club meeting? The Base Library has two conference rooms that are available to hold meetings. There are a few restrictions but there is **NO COST!** Call to book a room at 606-6414.

30th SERVICES SQUADRON

Bldg 11013
Phone: (805) 606-5031

Auto Hobby Shop: (606-6014) Bldg 10260

~ *Auto Skills Classes:* By appointment. Tune-up and maintenance class for non-mechanics and equipment safety classes.



Bowling Center: (606-3209) Bldg 10366

~ *Deployed Spouses Day:* Tuesdays, 0900-1200. Deployed spouses can play for just \$1 per game. Pre-school age children bowl free with a paying parent.

~ *Airmen's Night:* Thursdays, 1700-2100. Every Thursday night, E-4's and under bowl for just \$1 a game.

~ *Thunder Alley:* Thursdays, 1800-2100, Fridays, 2200-0100, and Saturdays, 2100-2400.



Breakers Dining: (606-7540) Bldg 13330

~ *Deployed Spouses:* Thursdays, starting at 1800. Open to all spouses and dependents of deployed members. This offers spouses a chance every week to socialize with other spouses and gives them a break from cooking. E-4 and below pay cost of food only, E-5 and above include surcharge.

Marshallia Ranch Golf Course: (606-6262) Bldg 1338

~ *Youth Golf Lessons:* Saturdays at 1330. For ages 8 and older. Cost is \$5 each session, includes use of rental club set and range balls.



Pacific Coast Club: (734-4376) Bldg 11070

~ *Club Card Drawing:* The drawing is every Friday between 1700 and 2000. \$50 giveaway in each lounge each week. Must be present to win.

~ *Pacific Fried Chicken Night:* Tuesdays, 1700-2000.

~ *Pasta Mania Buffet:* Thursdays, 1700-2000. Children 4 yrs and younger are free, children ages 5 - 11 are half price.

~ *Weekly Lunch Schedule:* Tues—Mexican, Italian, or Oriental Buffet (on a rotating schedule), Wed—Santa Maria BBQ Buffet, Thurs—Chicken and Ribs Buffet, and Fri—Seafood Buffet.



Rod & Gun Club: (606-4560) Bldg 1521

~ *Open Shoot:* Open Trap & Skeet shoot every Wed, Fri and Sat morning at 0830.

~ *Sporting Clays:* 2nd and 4th Sundays of the month.

Services Center: (606-7976) Bldg 10122

~ *Free Dance Lessons:* Wednesdays, 1830-2100. Learn country-western line dancing.



Skills Development: (606-6438) Bldg 11193

~ *Classes & Workshops:* Woodworking, Ceramics, Stained Glass, Framing, and Auto Skills classes are available. Stop by for a complete schedule.

Swimming Pool: (606-3581) Bldg 10144

~ *Lap Swim:* Mon—Fri, 1000-1300








Frequently Used Phone Numbers

<i>Chapel</i>	606-5773
<i>Child Development Center</i>	606-1555
<i>Commissary</i>	605-8812
<i>Family Advocacy</i>	606-5338
<i>Family Home Daycare</i>	606-3255
<i>Family Housing Self-Help Store</i>	734-5586
<i>Family Services</i>	606-5484
<i>Family Support Center</i>	606-0039
<i>Fitness Center (Gym)</i>	606-3832
<i>Food Pantry</i>	606-2960
<i>Health & Wellness Center</i>	606-2221
<i>Housing Office</i>	606-3434
<i>Housing Maintenance</i>	734-5586
<i>Information & Referral Line</i>	606-4636
<i>Law Enforcement Desk</i>	606-3911
<i>Legal Office</i>	605-6200
<i>Library</i>	606-6414
<i>Life Skills Support Center</i>	606-8217
<i>MPF/Customer Service</i>	606-7756
<i>Retiree Activities Office</i>	606-5474
<i>Services Center/ Tickets & Tours</i>	606-7976
<i>Visitor's Center</i>	606-7662
<i>Youth Programs</i>	606-2152



October 2003

SUN	MON	TUE	WED	THU	FRI	SAT
			1 1000 Playtime FSC: 1500-1600 Big Brothers, Big Sisters Volunteer Orientation	2 RE: 0900 BabyMeet LIB: 1000 Storytime FSC: 1500-1630 Kids on the Move	3 FSC: 1100-1200 Thrift Savings Plan 	
5	6	7 RE: 0900 BabyMeet HAWC: 1400-1600 Anger Management 1	8 1000 Playtime RAO: 1300-1400 NSMW Meeting	9 RE: 0900 BabyMeet LIB: 1000 Storytime	10 CH: 1800-2000 Global Hearts Group "Movie Night" FSC: 1300-1400 Bundles for Babies	11
12	13 	14 RE: 0900 BabyMeet HAWC: 1400-1600 Anger Management 2 FSC: 1130-1230 Deployed Spouses Support Group	15 1000 Playtime FSC: 0845-1100 Manage Your Move	16 RE: 0900 BabyMeet LIB: 1000 Storytime FSC: 1300-1530 Winning Interviews	17 FSC: 1330-1530 CAL-VET Home Loan	18 CH: 1730-2000 Global Hearts Group "Sloppy Joe Dinner"
19	20	21 RE: 0900 BabyMeet HAWC: 1400-1600 Anger Management 3 FSC: 1600 Pre-Sep FSC: 1100-1200 Financial Basics FSC: 0800-1600 Transition Assistance Seminar	22 1000 Playtime	23 RE: 0900 BabyMeet LIB: 1000 Storytime FSC: 0800 WIC	24	25
26 	27 PCC: 0830-1145 Newcomer's Orient. 	28 RE: 0900 BabyMeet HAWC: 1400-1600 Anger Management 4 FSC: 1500-1600 Sponsorship Training SC: 1130 Single FSC: 1100-1200 Financial Planning	29 1000 Playtime FSC: 0900-1130 The Mechanics of Resume Writing	30  Halloween	31	




MED: 30 Medical Group
FSC: Family Support Center
PCC: Pacific Coast Club

CH: Chapel
HAWC: Health & Wellness Center
RAC: Retiree Activities Center

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LIB: Library
SC: Services Center

* Contact the organization offering the program to register for any classes, workshops, or seminars.
 * Dates and times are subject to change without notice.

November 2003

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 RE: 0900 BabyMeet HAWC: 1400-1600 Stress/Self Mgmt 1	5 1000 Playtime FSC: 1500-1600 Big Brothers, Big Sisters Volunteer Orientation	6 RE: 0900 BabyMeet LIB: 1000 Storytime	7 FSC: 1100-1200 CSB-REDUX 	8
		FSC: 0800-1600 Transition Assistance Seminar				
9	10 MED: 1700 Operation Baby Launch	11 RE: 0900 BabyMeet HAWC: 1400-1600 Stress/Self Mgmt 2 Veteran's Day Holiday	12 1000 Playtime	13 RE: 0900 BabyMeet LIB: 1000 Storytime	14 CH: 1800-2000 Global Hearts Group "Movie Night"	15 CH: 1130-1500 Global Hearts Group "Craft & Activities" Retiree Appreciation Day
16	17	18 RE: 0900 BabyMeet HAWC: 1400-1600 Stress/Self Mgmt 3 FSC: 0800-0900 Pre-Separation Brief	19 1000 Playtime FSC: 0845-1100 Manage Your Move FSC: 1300-1530 Winning Interviews	20 RE: 0900 BabyMeet LIB: 1000 Storytime FSC: 0800 WIC	21	22
23	24 PCC: 0830-1145 Newcomer's Orient. 	25 RE: 0900 BabyMeet HAWC: 1400-1600 Stress/Self Mgmt 4 FSC: 1500-1600 Sponsorship Training SC: 1130 Single FSC: 1100-1200 Financial Basics	26 1000 Playtime FSC: 0900-1130 The Mechanics of Resume Writing	27  Happy Thanksgiving	28 FSC: 1330-1530 CAL-VET Home Loan	29
30						




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December 2003

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 RE: 0900 BabyMeet HAWC: 1400-1600 Stress/Self Mgmt 5	3 1000 Playtime FSC: 1500-1600 Big Brothers, Big Sisters Volunteer Orientation	4 RE: 0900 BabyMeet LIB: 1000 Storytime	5 FSC: 1500-1630 Kids on the Move	6
7	8	9 RE: 0900 BabyMeet HAWC: 1400-1600 Stress/Self Mgmt 6 FSC: 1130-1230 Deployed Spouses Support Group	10 1000 Playtime	11 RE: 0900 BabyMeet LIB: 1000 Storytime RAO: 1200 NSMW Christmas Holiday Potluck Luncheon	12 CH: 1800-2000 Global Hearts Group "Movie Night" FSC: 1300-1400 Bundles for Babies	13
		FSC: 0800-1600 Transition Assistance Seminar				
14	15 PCC: 0830-1145 Newcomer's Orient. 	16 RE: 0900 BabyMeet FSC: 1600 Pre-Sep FSC: 1500-1600 Sponsorship Training FSC: 1100-1200 Financial Basics	17 1000 Playtime FSC: 1300-1530 Winning Interviews	18 RE: 0900 BabyMeet LIB: 1000 Storytime FSC: 0800 WIC	19	20
21	22	23 RE: 0900 BabyMeet	24 1000 Playtime. FSC: 0900-1130 The Mechanics of Resume Writing	25 	26	27
28	29	30 RE: 0900 BabyMeet 	31			

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